

# Whitewater Swimming

## Masters Free Workout Level 3

(INTERVALS MAY BE ADJUSTED TO FIT VARIOUS LEVELS OF ABILITY.)

### Warmup:

200 FREE

200 PULL

200 KICK WITH FINN

### MAINSET

10X 50 1:20

8X 50 1:10

4X 50 1:05

2X 50 1:00

1:00 REST

4X 100 2:40

2X 100 2:30

1X 100 2:05

1:00 REST

1X 300 6:30

1X 200 4:15

1X 100 2:00

3100 YARDS OR METERS

